









MAY 2017

National City George H Waters

AT THE TOWERS

1415 "D" Avenue- National City, CA 91950
(619) 336-6752

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1) SALISBURY STEAK  SCALLOPED POTATOES CORN COBBETTES CALIFORNIA SALAD WATERMELON WEDGE MILK	2) PICNIC STYLE BBQ CHICKEN AU-GRATIN POTATOES GRILLED VEGGIES RED & GREEN CABBAGE SALAD APPLESAUCE W/ CINNAMON MILK	3) BEEF BURRITO W/ CHEESE SAUCE RICE & BEANS ZUCCHINI & CORN AURORA SALAD MANGO MIXX MILK / JUICE	4) ROAST TURKEY W/ MUSHROOM SAUCE MASHED POTATOES PEAS & PEARL ONIONS CRANBERRY ORANGE NUT SALAD PUMPKIN TART MILK	5) CATCH OF THE DAY  STEAMED RICE STRING BEANS CARROT SALAD STRAWBERRY SHORT CAKE MILK
8) CHICKEN & DUMPLINGS CHANTILLY POTATOES CARROT & BROCCOLI ROMAINE SALAD CHERRY CRISP MILK	9) BBQ BEEF SANDWICH POTATO CHIPS BRUSSELS SPROUTS DUTCH COLESLAW FRESH BANANA PUDDING MILK	 10) CHICKEN CACCIATORE BOWTIE PASTA YELLOW SQUASH SPINACH SALAD FRESH MIXED GRAPES MILK / JUICE	11) ROAST PORK W/ STUFFING PARSLIED POTATOES SCANDINAVIAN VEGGIES CUCUMBER SALAD APPLE TART MILK	12) CATCH OF THE DAY RICE PILAF BABY CARROTS TROPICAL FRUIT SALAD RAINBOW SHERBET MILK
 15) CHICKEN TERIYAKI FRIED RICE JAPANESE BLEND ORIENTAL NOODLE SALAD MANDARIN ORANGES MILK	16) VEAL PATTY PARMESAN MOSTOCCOLI STEAMED ZUCCHINI BLT SALAD CANTALOUPE & HONEYDEW MILK	17) ROAST TURKEY GARLIC MASHED POTATOES PEAS & CARROTS CRANBERRY ORANGE NUT SALAD CARROT CAKE MILK	18) CHICKEN RANCHERO STYLE SPANISH RICE MEXICALI MIXED VEGETABLES JICAMA SLAW FRUITED LEMON GELATIN MILK	19) CATCH OF THE DAY  POTATO PATTIES STEAMED BROCCOLI CARROT SALAD FRESH BANANA MILK
22) BAKED CHICKEN W/ OYSTER SAUCE LONG GRAIN & WILD RICE ITALIAN BLEND SPINACH SALAD APRICOT CUP MILK / JUICE	 23) BEEF BRISKET BAKED POTATO STRING BEANS TOMATO BASIL SALAD BLUSHING PEARS MILK	24) PORK CHOP W/ COUNTRY GRAVY SCALLOPED POTATOES GRILLED VEGETABLES DUTCH COLESLAW PINEAPPLE UPSIDE DOWN CAKE MILK	25) BEEF BOURGUIGNON EGG NOODLE SALAD TRIO VEGETABLE BLEND CAESAR SALAD PEACH MELBA MILK	26) CATCH OF THE DAY SHRIMP FRIED RICE ASIAN STYLE VEGGIES GELATIN SALAD ORANGE SMILES MILK
 29) CLOSED MEMORIAL DAY	30) POT ROAST OF BEEF BOILED POTATOES NEW ENGLAND VEGETABLES TOSSED GREENS RASPBERRY TART MILK	31) CHICKEN LASAGNA W/ TOMATO PARMESAN WINTER BLEND VEGGIES ROMAINE SALAD FRESH GRAPES MILK	Suggested Contribution \$3.50 Senior Adults (60+) NON-Senior FEE \$6.00 paid at front desk Lunch Hours 11:00 A.M. – 12:30P.M.	Menu Subject To Change Without Notice Alternative Meal Option Available Daily Inquire at Front Desk 

THE GEORGE H. WATERS NUTRITION PROGRAMS ARE SUPPORTED BY OLDER AMERICAN'S ACT FUNDS AWARDED BY THE COUNTY OF SAN DIEGO HEALTH & HUMAN SERVICES AGENCY, AGING & INDEPENDENCE. ADDITIONAL FUNDING COMES FROM THE CITY OF NATIONAL CITY AND SENIOR CONTRIBUTIONS. PEOPLE ELIGIBLE FOR PARTICIPATION IN THE SENIOR NUTRITION PROGRAMS AS DEFINED BY THE OLDER AMERICAN'S ACT, ARE 60 YEARS OF AGE OR OLDER. ELIGIBILITY IS THE SAME FOR ALL WITHOUT REGARD TO RACE, COLOR, NATIONAL ORIGIN, SEX OR HANDICAP.